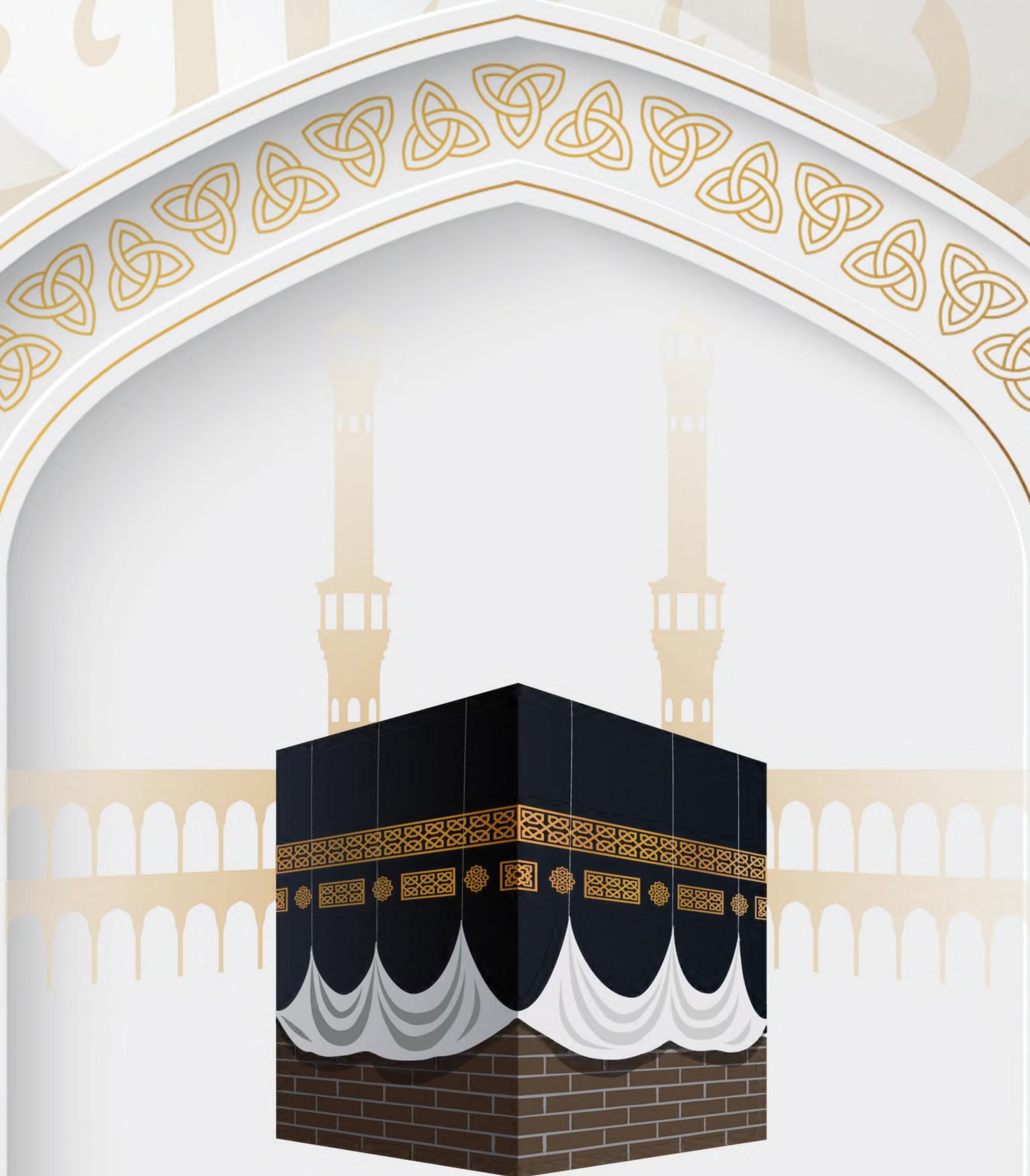


# Step by Step Umrah Guide

Compiled & Curated by Uzair Khan



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# **Step by Step Umrah Guide**



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وَأَذْنَ فِي النَّاسِ بِالْحَجَّ يَأْتُكَ رِجَالًا  
وَعَلَىٰ كُلِّ ضَامِرٍ يَأْتِينَ هُنَّ كُلُّ حِجَّةٍ عَمِيقَةٍ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ







## 1. Ihrām (A state of Ritual consecration)

Ihrām is a state that Muslims enter and remain in during the special rituals and events that are required to complete Hajj or Umrah.



## 2. Things to do before entering Ihrām

It is the Sunnah to perform few tasks before assuming Ihrām  
These tasks are



Taking a Ghusl



Hair removal (Pubic and Underarms)



Clipping of Nails



Apply perfume to the body (only for men)

### 3. Attire to be worn in Ihrām

For Males



Unstitched Upper  
Garment

Unstitched Lower  
Garment

Slippers (ankles  
should be exposed)

For Females



Simple Attire  
with Hijab

Niqab/Burqa not  
allowed

Palms and Face  
should be uncovered



## 4. Prohibitions in Ihrām



## 5. Mīqāt locations

Hajj and Umrah have 5 Mīqāt places that cannot be passed without Ihrām

1. Dhul Hulaifah
2. Dhat Iqr
3. Qarn al-Manazil
4. Yalamlam
5. Juhfah



Entering Ihrām from the Mīqāt is one of the obligatory actions of Hajj and ‘Umrah. It is not permissible for anyone to pass the Mīqāt without entering Ihrām if he intends to do ‘Umrah, whether he comes by land, sea or air. If the person who wants to do Umrah passes by the Mīqāt without intending to enter Ihrām from there, then he has to go back to the Mīqāt that he passed and enter Ihrām from that point. If he does not do that, then according to the majority of scholars he has to sacrifice a sheep in Makkah and distribute (the meat) to the poor of the sanctuary.



## 6. Entering the Ihrām at Mīqāt

1- When you reach the Mīqāt (or just before it on a flight) enter the Ihram and recite:

لَبَّيْكَ اللَّهُمَّ بِعُمرٍ

*Labbai Allāhumma bi-‘Umrah.*

[Here I am, O Allāh, making ‘Umrah.]

2- If you are in fear of not completing the Umrah, then recite:

اللَّهُمَّ مَحِلِّي حَيْثُ حَبَسْتَنِي

*Allahumma mahillee haithu habastani.*

[O Allāh! my place is wherever You prevent me.]

3- Stand, face the Qiblah and recite:

اللَّهُمَّ هَذِهِ عُمْرَةٌ لَا رِيَاءَ فِيهَا وَلَا سُنْمَةٌ

*Allāhumma hādhihi ‘Umrah, lā riyā'a feehā wa lā sum'ah.*

[O Allāh this is an ‘Umrah, there being no showing-off in it nor seeking repute.]



## 7. Talbiyah is to be recited until reaching Masjid Al-Haram

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ  
إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ

*Labbai Allāhumma Labbaik, Labbaika lā shareeka laka  
Labbai, Innal hamda wan-ni'mata laka wal-mulk, Lāshareeka  
lak.*

[Here I am O Allāh. Here I am, You have no partner. Here I am, verily all praise is for You, and every bounty is from You - and all dominion is Yours, You have no partner.]

(Men recite loudly and women silently)



## 8. Entering the Masjid Al-Haram

Enter the Masjid Al-Harām (the Sacred Mosque) with your right foot first and recite:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَسَلِّمْ، اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

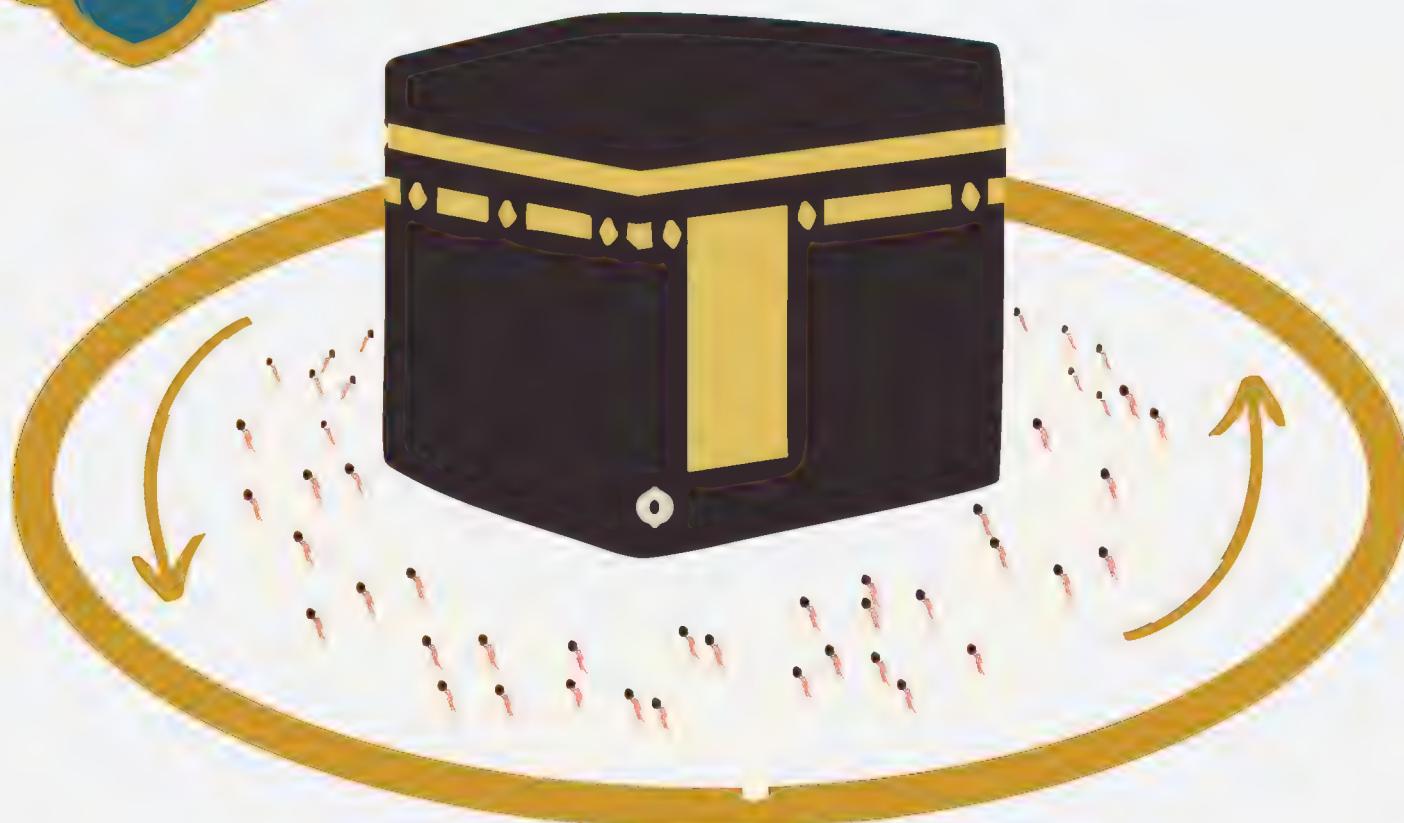
*Allāhumma salli 'alā Muhammadin wa sallim Allāhumma  
.aftah-lee abwāba rahmatika*

[O Allāh, send prayers and peace upon Muhammad.

O Allah, open the doors of your Mercy for me.]



## 9. Commencing the Tawāf



The Tawaf is started from Hajar-e-Aswad (black stone) in a state of wudu. Men should uncover the right shoulder by placing the Ihram under the right armpit (throughout the Tawāf). When beginning each circuit of Tawāf, touch the Black Stone, and if you cannot, make a sign with your right hand towards it, and say:

بِسْمِ اللَّهِ وَاللَّهُ أَكْبَرُ، اللَّهُمَّ إِيمَانًا بِكَ، وَتَصْدِيقًا بِكِتَابِكَ، وَوَفَاءً بِعَهْدِكَ،  
وَاتِّبَاعًا لِسُنْنَةِ نَبِيِّكَ مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

*'Bismillah wa Allahu akbar. Allahumma imanan bika wa tasdiqan bi kitabika wa wafa-an bi 'ahdika wa ittiba'an li Sunnati Nabiyyika Muhammad sall-Allahu 'alayhi wa sallam*

[In the name of Allah, and Allah is most great. O Allah, out of faith in You, and in belief in Your Book, and in fulfillment of Your covenant, and following the Sunnah of Your Prophet Muhammad blessings and peace of Allah be upon him.]

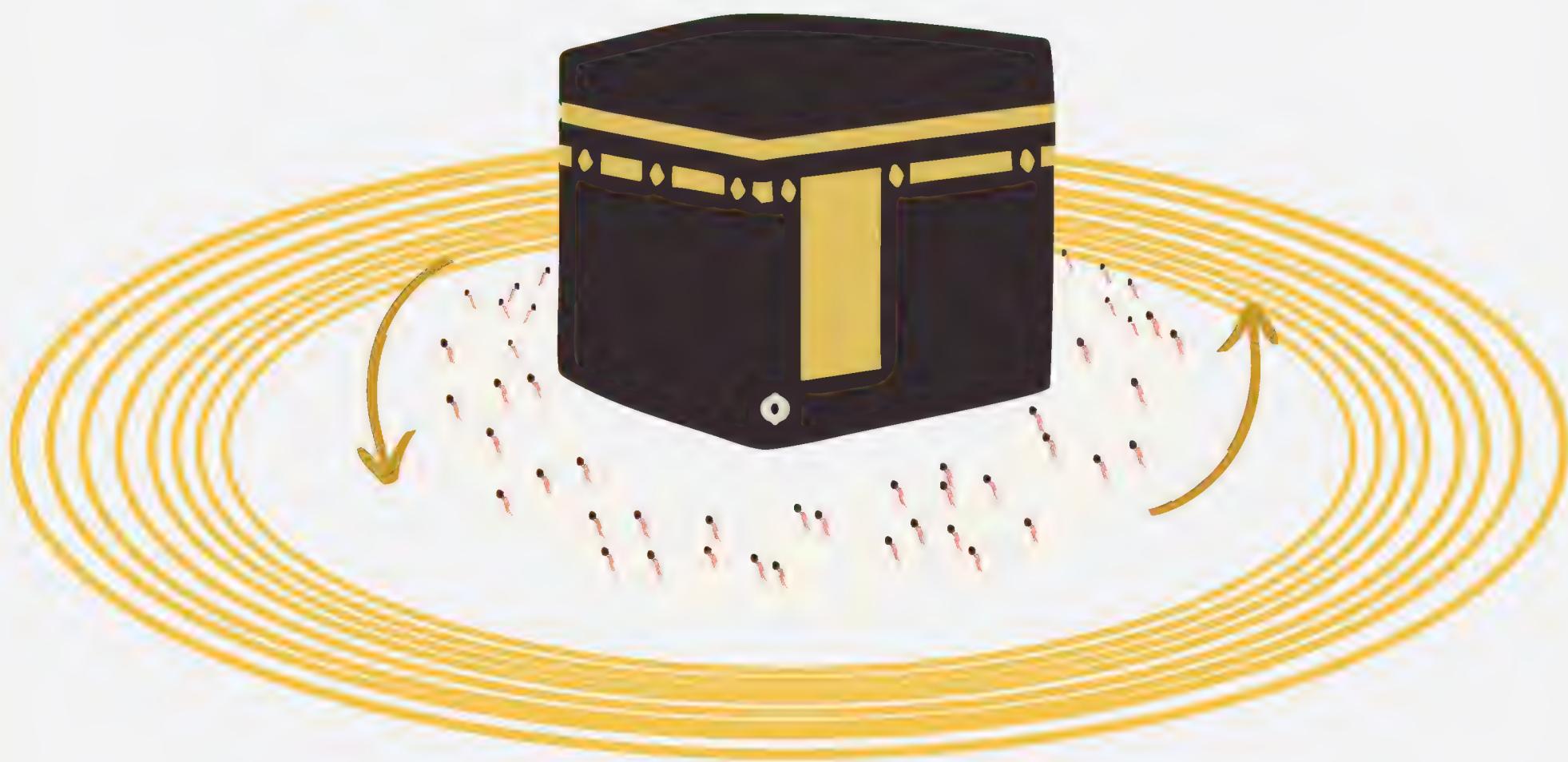
Or one can simply say

الله أكْبَر

*Allāhu Akbar.*

[Allāh is the Greatest.]

## 10. Tawāf is done in 7 circuits



Make seven circuits of the Ka'bah. Men should walk swiftly around the Ka'bah for the first three circuits, then begin the fourth circuit at a normal walking pace.



## 11. Dua recited between Yemeni corner and Hajar e aswad



During each circuit, between the Yemeni Corner and the Black Stone, recite:

رَبُّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَ فِي الْآخِرَةِ حَسَنَةً وَ قِنَا عَذَابَ النَّارِ

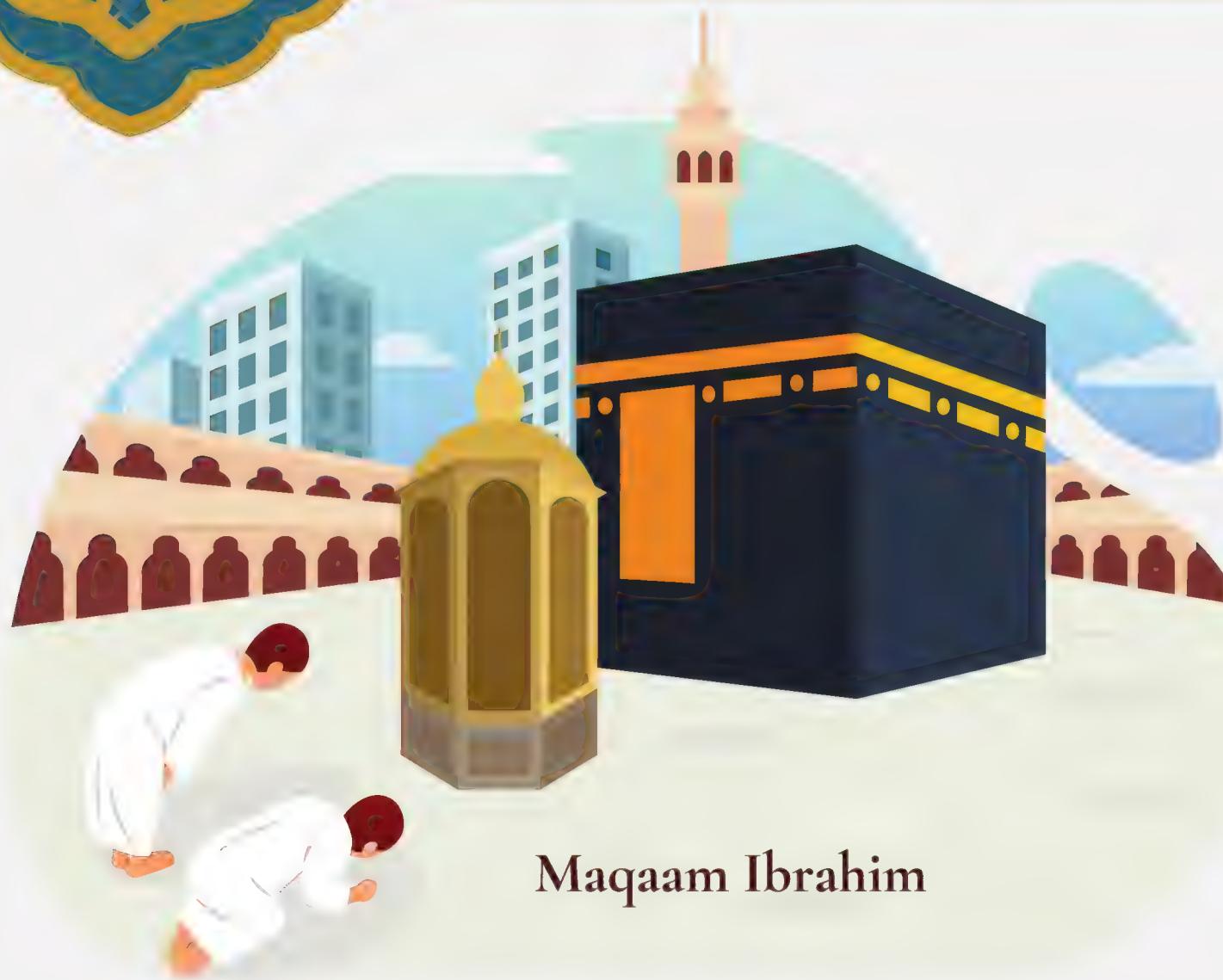
*Rabbana atinā fd-dunyā hasana wa fl Ākhirati hasana wa qinā  
‘ādhāban-Nār.*

[Our Lord! Give us that which is good in this world and in the Hereafter, and save us from the torment of the Fire.]

One can recite any supplications of their choice during Tawāf. No specific duas are mentioned in the Sunnah.



## 12. Prayer at Maqaam Ibrahim



Maqaam Ibrahim

Men re-cover the right shoulder, then go behind the Place of Ibrāhīm and recite:

وَاتَّخِذُوا مِنْ مَقَامِ إِبْرَاهِيمَ مُصَلًّى

*Wattakhidhoo min-maqāmi Ibrāheema musalla.*

[And take the station of Ibrāhīm as a place of prayer.]

Pray behind the Place of Ibrāhīm if possible, otherwise anywhere you can within Al-Masjid Al-Harām. In the first Rak'ah recite Sūrah Al-Kāfirūn and in the second Rak'ah recite Sūrah Al-Ikhlās.

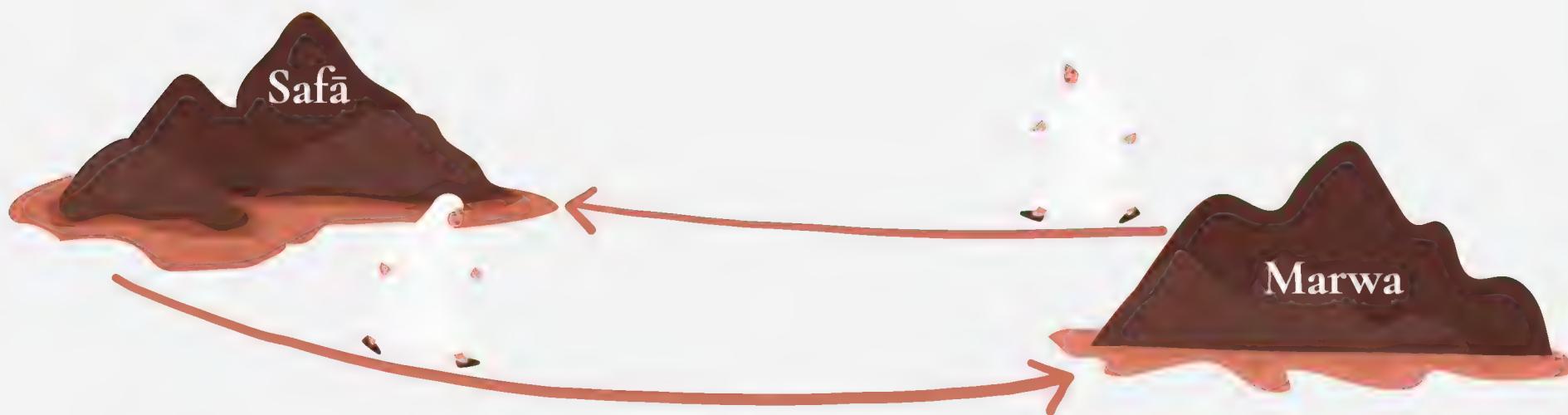


## 13. Drink Zamzam Water

Drink Zam-Zam  
and pour some  
of the water over  
one's head.



## 14. Saee of Mount Safā and Mount Marwa



Begin your Sa'ī (the walk) at Mount Safā.

Begin your Sa'i (the walk) at Safā. At the foot of Safā recite this (only once):

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ حَجَّ الْبَيْتَ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ  
أَنْ يَطْوَفَ بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ

*Innas-Safā wal-Marwata min sha'ā' irillāh faman hajjal-baita  
auwi' tamara falā junāha 'alaihi an yattawwafa bihimā wa  
man tatawwa'a khairan fa innallāha shākirun 'aleem.*

Verily! As-Safā and Al-Marwah are from the signs of Allāh. So it is not a sin on him who performs Hajj or 'Umrah of the House to perform the walk between them. And whoever does good voluntarily, then verily, Allāh is All Recogniser, All-Knower.

While facing the hill of Safā, face the Ka'bah and recite 3 times with hands raised:

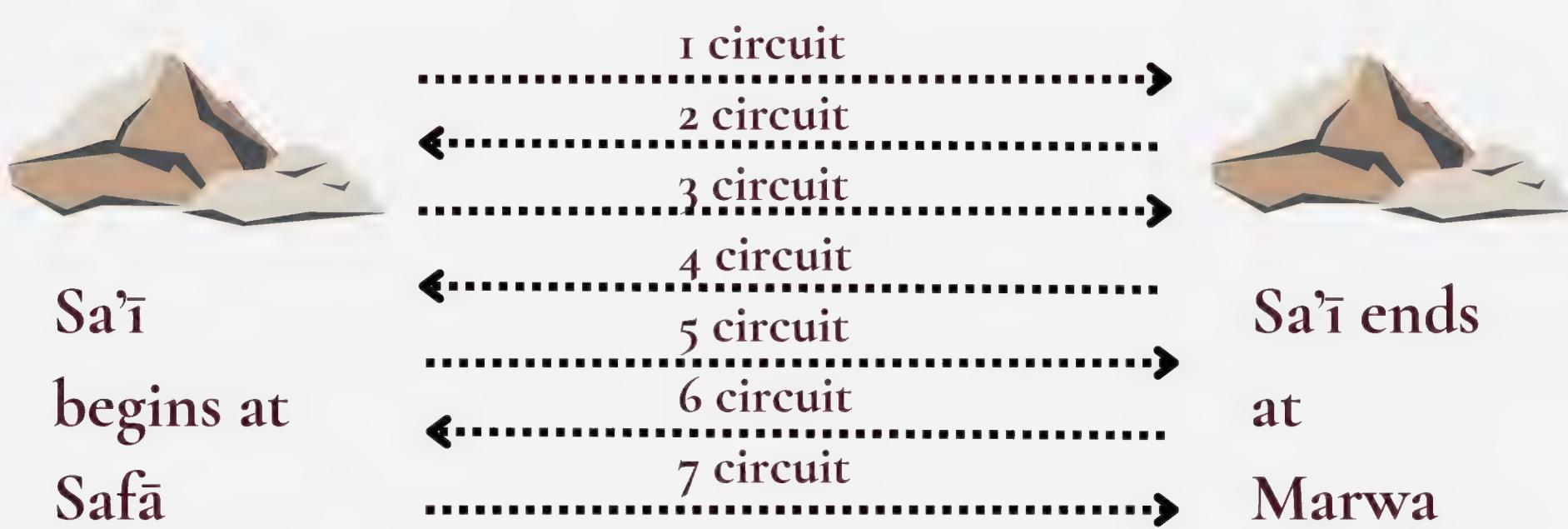


اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ الْمُلْكُ وَلَهُ  
الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ، أَنْجَزَ وَعْدَهُ، وَنَصَرَ  
عَبْدَهُ، وَهَزَمَ الْأَخْرَابَ وَحْدَهُ

*Allāhu Akbar, Allāhu Akbar, Allāhu Akbar. Lā ilāha illallāh wahdahu lā shareekalah, lahul mulk, wa lahud-hamd, wa huwa 'alā kulli shay'in qadeer. Lā ilāha illallāh wahdahu, anjaza wa'dahu, wa nasara 'abdahu, wa hazamal ahzāba wahdah.*

[Allāh is the Greatest, Allāh is the Greatest, Allāh is the Greatest. There is none worthy of worship except Allāh alone, without partner. To Him belongs all sovereignty and all praise. He alone gives life and causes death, and He is All-Powerful over everything. There is none worthy of worship except Allāh alone, without partner. He has fulfilled His promise, aided His slave and He alone has defeated the confederates.]

Began the walk towards al Marwa. Upon encountering the green lights between the Safā and Marwa, men only should run from one green light to the next, and no more. Do not bother or push others.



Repeat the same supplication mentioned in step no 14. Make plentiful supplications after the first and second recitations, but not after the third.

Walk from Safā to Marwa is one circuit and from Marwa to Safā is the second circuit. In this way, 7 circuits are done with the last one ending at Marwa.



## 16. Exit the Masjid Al Haram

You may now exit the Masjid al-Harām with your left foot, reciting:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَسَلِّمْ، اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكِ

*Allāhumma salli ‘alā Muhammadin wa sallim, Allāhumma  
innee as ’aluka min fadlika.*

[O Allāh, send prayers and peace upon Muhammad, O Allāh, verily I ask You from Your Favour.]



## 17. Removing the Hair

Finally, the man should shave his head, and this is best; or trim his hair equally from his head. The woman should cut a fingertip's length of the ends of her hair as she bunches it together.



*Your 'Umrah is now complete,  
May Allāh accept it.*



## EDITOR'S ENDNOTE

All praise is due to Allah, the Lord of all the worlds, and may peace and blessings be upon His Messenger, Muhammad ﷺ.

This humble booklet is a concise guide to performing Umrah, compiled from the works of two esteemed scholars of our time, Shaykh Ibn Uthaymeen and Shaykh Albani, may Allah have mercy upon them both. The purpose of this guide is to offer a simple, step-by-step explanation of Umrah, making it accessible to every Muslim who wishes to undertake this noble act of worship.

In this booklet, the rulings and actions of Umrah are presented clearly and practically, following the authentic teachings of the Qur'an and Sunnah. We have made every effort to ensure that the instructions are easy to follow, whether for first-time pilgrims or those seeking a refresher on the procedures.

This booklet is distributed freely, with the hope that it will serve as a helpful companion for all who embark on this blessed journey. We ask Allah to accept our efforts and the efforts of all who use this booklet to perform Umrah in accordance with the Sunnah of our beloved Prophet Muhammad ﷺ.

May Allah grant all of us success in this life and the hereafter, and may He guide us to what pleases Him.





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